

SPOKE

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Taking the plunge

Leon Legister, a law and security administration student, takes the Polar Plunge on Feb. 3 during Winter Carnival week at Conestoga's Doon campus.

(Photo by Omar Welke)

ASM student chapter largest in the world

By William Kennedy

Before they had their first meeting, the Conestoga student chapter of the Association for Systems Management (ASM) was the largest in North America.

"But by the time the actual dinner meeting came," said Rick Klein, student chapter second vice-president. "We were told we had the largest chapter in the world."

More than 120 people attended the first meeting and "it shocked the regular Conestoga chapter," Klein said.

"As far as anybody can remember, they've never had meetings this size before," said ASM student chapter president Andy Matuszynski.

The Conestoga student chapter currently has more than 70 members and is still growing.

The main purpose of the ASM is to get students involved with people in the business field.

"You get connections," Klein said. "A lot of people get hired on account of it (ASM student membership) and some people got very good jobs from impressive companies like MicroSoft."

"It really prepares people for a job after graduation," Matuszynski said.

Although the majority of the student members are in the computer programmer/analyst (CP/A) program, any full-time student at Conestoga can join the ASM Student chapter.

"The ASM is not strictly for CP/A students," Klein said. "Marketing and accounting programs" will find membership beneficial.

The ASM student chapter holds regular dinner meetings which are advertised by way of an overhead projector located next to the security office. Anyone is welcome to attend.

"Dinners are designed to draw attention to the new technologies that are coming out for computer systems," Matuszynski said.

"It's a kind of connection with professionals in the business community."

Student ASM membership costs \$25 annually, but the regular Conestoga chapter members each pay \$100 per year.

"That gets a little confusing to some people," Klein said. "We're not the Conestoga chapter, we're the Conestoga student chapter."

"As a student member you get a discount at the regular chapter's meetings as well," Klein said.

"You get a card showing your student status and you're welcome at the Conestoga chapter meetings at a student rate."

The biggest advantage to membership is being able to shmooze with computer industry people.

"That's the biggie," Klein said. Other more immediate benefits include the "different topics that you hear about as well, while you're circulating with the business people. There's a list of discounts that goes along with membership," including subscriptions to computer magazines.

Despite the growing membership, "it is hard to get people to join an organization because of the time involved," Matuszynski said.

"If you're working, you don't want to spend the time talking about something you do at work."

But membership still has its benefits, he added. "The school can only supply so much knowledge."

The student chapter's next dinner meeting will be held at the Edelweiss Tavern on Homer Watson Boulevard in Kitchener. The topic scheduled is computer fraud, and the ASM has extended an invitation to law and security administration (LASA) students and faculty.

DSA executive council briefs

Plans for a restructured student council were unanimously approved Feb. 2 at the Doon Student Association (DSA) executive meeting.

The new model had been unveiled Jan. 19 by DSA president Geoff Pearson. It calls for the renaming of the vice-presidential positions to vice-president of student affairs and vice-president of operations.

DSA treasurer Paula Sossi said on Feb. 3, "I think everyone wanted to see it restructured... We were trying to go by our experiences through this year to make it a better council."

In other Feb. 2 business, the executive voted unanimously to accept the proposed 1994-1995 DSA budget.

It is based on an anticipated student body of 3,800 and calls for the continuation of the \$54 activity fee, which consists of two components.

The first component is a \$51 fee to be used to cover the difference between DSA revenue and expenses.

That difference, as of Dec. 31, 1993, is listed as \$74,097.90, based on \$50,198.16 in revenue from administration, pubs, activities and entertainment less \$124,296.06 in expenses. However, the DSA received \$69,827.50 in student activity fees from the college administration, to be applied toward that amount, as of Dec. 31.

The second component of the \$54 activity fee is a \$3 fee to be collected in "a surplus fund for the purpose of scholarships or the purchasing of computers (at the executive's discretion)," the document states.

Meanwhile, Sossi told councillors efforts were under way to find a replacement for Becky Boertien, DSA activities co-ordinator.

Sossi said the following day Boertien is scheduled to take a maternity leave from April 4 to Oct. 7.

As well, DSA entertainment manager Brad Logel reported Feb. 2 an \$806 profit for the DSA from the Jan. 27 Blue Rodeo concert.

The Feb. 2 meeting ended with a 35-minute in camera (no observers) session. Tony Domingos, DSA vice-president of communications, later said personnel issues had been discussed, but he declined to comment further.

Job fair information posted

By Monika Greenan

Allen Bradley, the City of Kitchener, London Life Insurance, Ontario Provincial Police and the Royal Bank are only a few of more than 45 employers attending the job fair Tuesday, Feb. 15, at Bingeman Conference Centre, Kitchener.

A complete list of employers and a bus schedule can be found posted on bulletin boards around

the college.

Tables will be set up in the college this week for those needing more information about the job fair.

Free bus transportation is available for all college students.

The bus departs Conestoga College, Doon campus, Door #4 at 9:30 a.m., 11 a.m., 12:30 p.m. and 2 p.m. The bus leaves Bingeman at 11:45 a.m., 1:15 p.m., 2:45 p.m. and 4:15 p.m.

ASM receives DSA grant

By William Kennedy

The Conestoga College student chapter of the Association for Systems Management (ASM) recently received a \$300 grant from the Doon Student Association.

"The ASM plans to disburse this money back to the members of ASM," said Andy Matuszynski, president of the college student chapter.

On Friday, Jan. 14, ASM held a meeting in room 2A56, and served coffee and snacks to more than 100

members and guests.

Steve Shaw of Hewlett-Packard Canada was the guest speaker.

Shaw, who graduated from Conestoga College's computer technology program in 1980, spoke on the evolution in the computer industry, changing from mainframe computers to open systems like Hewlett-Packard's UNIX workstation. He also commented on the need for constant training of computer users.

The DSA has been "very helpful," Matuszynski said.

SPOKE

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A tragedy teaches that people are precious

Shock and disbelief assailed me when I first heard it.

Then guilt crept in, saddening that day and the weeks that followed.

Why? How could he do this? Kill himself? It couldn't be true.

But it was, and it still haunts me to this day. It reminds me of all the missed opportunities in my life.

Not the opportunities to leap ahead of everybody else, but opportunities to stop and lend a hand — to embrace, to look into other people's eyes and to love.

He was slim, smart, honest and troubled. A few "bad" things seem to have triggered the outcome. An ugly divorce that kept draining his account, a teen-aged child with problems and many hours of work with little reward. Who knows what else conspired to stretch thin his tolerance in a world spinning faster with each passing day?

At work we shared working space, some tools and information on how to best do the job. A misunderstanding, once, cemented our relationship, and I learned to respect him.

The last Christmas we worked together, I gave him a bottle of wine, wished him well, and took home a strong, warm and affectionate handshake. And that was it.

Today I ask myself why I didn't spend more time with him? Why didn't I have him over for coffee or a beer? Why didn't I talk with him and listen to what he might have wanted to share.

I was too busy, absorbed in my world and taken by a myriad of voices claiming my attention: an oil change in the old Fairmont, a new washer for that leaking tap, toys to play with, a video to explore and a book, perhaps it was Pascal's Pensees, that I couldn't put down.

Have I learned anything? I'm not sure. I still can't shake off that dichotomy in my life: of being deeply concerned about people yet lost in a world all my own — of ideas, dreams and not a few gadgets.

Hampered by my social ineptness, I have only a few individuals to whom my words of affection flow easily. But what about others? What about the distant one, the ignorant, the stupid, the ugly? What about the spiteful? I often wonder about the murderer who'd kill my child and eat my liver. I couldn't muster so much charity as to include all social reprobates, but it breaks my heart to think how lonely people often are.

Next time I stop to say hello and look into your eyes, it is perhaps that I am trying to wrench away from the entrapment of conventions and attempting to live.

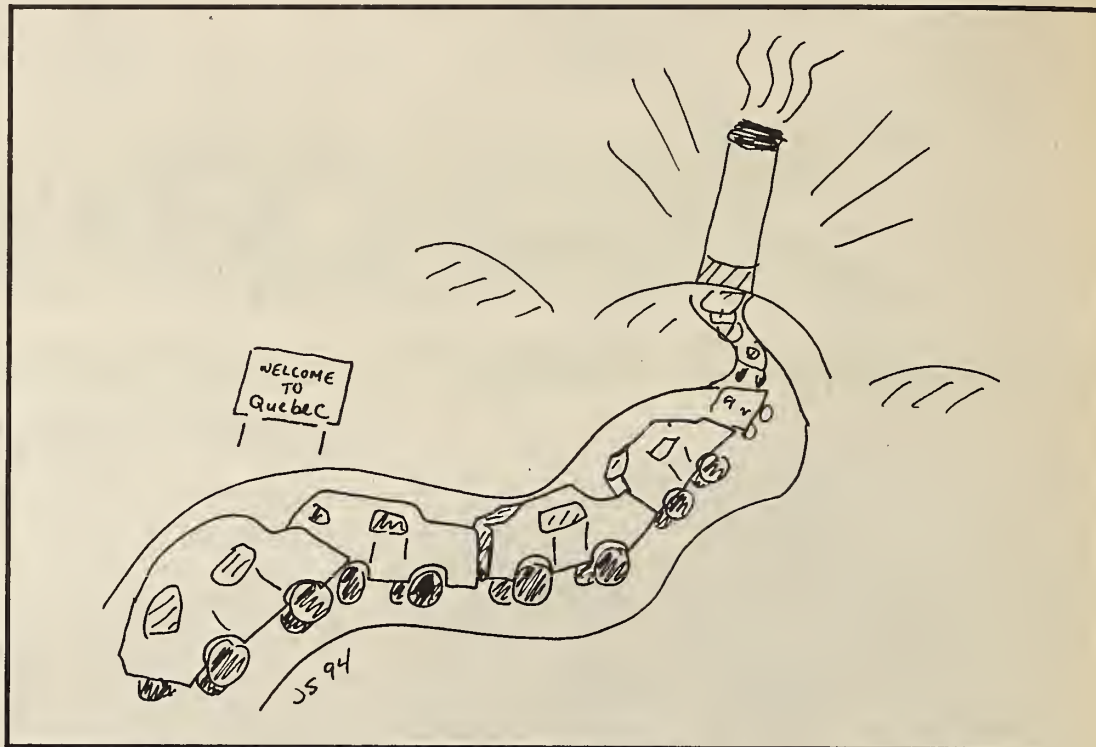
I am not certain I can escape totally this schizophrenic state, of being absorbed in trivia and "lofty goals," while clamoring inside for a profound encounter with others. But it's clear to me, my friend, in calling it "quits," taught me a convincing lesson.

He reminded me of how precious it is to be alive and to meet you. If only I could break free!



By Wladimir Schweigert

OPINION



It's just the games people play

Our games have become too important.

Recreational activities, originally conceived to harmlessly pass spare time and offer a break from everyday life, have become an inordinantly important part of too many people's lives.

Sporting events, in particular, bring out a ferocity and depth of passion seldom seen elsewhere in our society. They also bring out a worrisome lunacy.

Case in point: The Nancy Kerrigan-Tanya Harding affair. If the speculation is true, Harding is accused of taking part in a scheme to injure her chief opponent, Kerrigan.

Grab some perspective, man, it's only a game.

I realize thousands of hours of hard work are spent to reach an elite level and the financial rewards can often be great, but grab a clue. These do not justify injuring other competitors; nothing does.

The prevalence of money in sports is often cited as the root of all that is evil in sports. Many athletes seem motivated only by money. I don't begrudge athletes their millions, someone is always willing to pay them. And who among us would turn down \$47 million over seven years?

But I worry they are losing the sense of fun their games originally carried. They are getting paid exorbitant sums to play what are, essentially, children's games. Somewhere along the line, we lost the sense of triviality that originally shrouded games.



By Jeff Brinkhof

If money motivates some athletes to go to extremes, what motivates fans to go crazy?

Last fall, several University of Wisconsin students were injured when a throng of fans tried to rush onto the field after an important victory by their team. In New York, Blue Jay outfielder Joe Carter was

forced to dodge objects thrown from the stands during a key series.

There are countless other examples, but the point is some people should re-examine their priorities. If the Toronto Maple Leafs lose 10 games in a row, so what? The world will go on unscathed. No one will be hurt. If the Buffalo Bills lose a fifth Super Bowl, it's no reason to sink into a week-long depression. These are only games.

I'm not saying give up sports, I'm a fan myself. Watch the games, enjoy the games, then move on. Save the passion for something that matters. If people spent half the time, money and effort they spend on sports on their community, amazing things could be accomplished.

However, and much to my chagrin, I don't anticipate any changes soon.

People like to escape from life occasionally, rather than constantly deal with it. For fans, sports are a way of becoming involved, usually in their community, without actually doing anything. I just hope people will stop and think about their priorities and realize sports should just be a small, if enjoyable, part of their lives.

Getting back to basic English

A man that is under four feet tall is a midget and not vertically challenged. There I've said it. I'm out of the closet. I am politically incorrect.

In conversation I refer to my girlfriend, yes girlfriend, as just that. She is not my spouse equivalent or any other '90s friendly colloquialism.

Those of you gasping for breath right now probably think she is some sort of subservient creature. Obviously you have never met the woman. Yes woman, not womyn. I've never felt the need to bastardize the English language with unimaginative phrases and words.

Herstory and personhole cover are figments of the limited imaginations of those who have never investigated the proper uses of the English language or are unfamiliar with the wonders of the Oxford dictionary.

What is that I hear in the gallery?



By Omar Welke

The English language and Oxford are tools used by white males to oppress and persecute their victims? Sorry, I don't buy that.

Born a white male at a time when that in itself is a crime, I refuse to feel guilt for wrongs committed before I was even a gleam in my father's eye. I shun the argument that I was born with a silver spoon in my mouth simply because of my anatomy and lack of skin pigment.

I treat every individual I meet as he or she deserves to be treated. I do not subscribe to the notion that ethnic background gives anyone the right to ask for, or receive, preferential treatment.

I accept the bumps and valleys life throws at me. And I expect my neighbors, no matter what their race, creed or gender, to do the same. I subscribe to concepts which, sadly, have fallen out of favor.

Families are important, children should be taught right from wrong and crime should be punished.

I reserve my compassion for the victims who are left crippled, scarred and bewildered by the acts of those outside of civilized society.

So there you have it. Let the name calling and labelling begin. Just remember, I am not alone, we are many. We are your neighbors, friends and family.

We have been browbeaten, shamed and harassed by socialist governments, special interest groups and hate mongers. But all we ask is, in the words of a famous victim, "can't we all just get along?"

Letters to the editor

Spoke welcomes all letters to the editor. If you have a beef, or an opinion, please send it in. Spoke reserves the right to edit letters to fit space, and to remove any libellous statements. Your letter must be signed, and include your program and year for verification. Send letters to the Spoke office, Room 4B15, Doon campus.

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Letter to the editor

My name is John S. Cain. I

General education requirements to change

recommended that the DSA executive and Dave Hunt, the student representative on Conestoga's board of governors, work together to get feedback from students.

Richard Johnston, chair of the Ontario Council of Regents for Colleges of Applied Arts and Technology, will be at the Feb. 28 board of governors meeting to explore the issue with board members, MacKenzie said.

Smith told executives the goal of the changes is to make each student "a better citizen and a better worker."

The report states "that effective September 1994 the first year of each college postsecondary program shall include a minimum of one general education course of approximately 45 instructional hours per semester, and that by 1995 this shall extend to the second year, by 1996 to the third year."

Each college will be responsible for defining its own intended learning outcomes and for developing the necessary curricula.

Smith and MacKenzie also pre-

sented the executive with Conestoga College's written response to the proposed changes.

It states that "the short time-frame for consultation and feedback does not allow appropriate interaction and discussion with program advisory committees."

The college's position paper also suggests the council provide more credit to students entering the college system with prior work and life experiences which relate to general education content areas.

Jack Fletcher, Conestoga's chair of student services, said during a discussion, which followed Smith and MacKenzie's 40-minute presentation, that it may be good to give credit for extracurricular activities, such as participation in student council and peer tutoring.

"Why does all general education have to take place in the classroom?" Fletcher asked. "A lot of learning takes place outside the classroom."

He added that students should be

required to document experiences.

Jamie Slater, DSA clerk and graduate of Conestoga's journalism program, asked, "How are we supposed to market this?"

He questioned whether potential employers would be more willing to hire him if they read on his transcript he had taken general education courses in science fiction and drama in addition to journalism core courses.

Hunt said the matter had been discussed by the board of governors and it considers financial impacts a major issue.

"To hire more teachers to offer more courses will be a problem," said Hunt.

If a teacher's course turns out to be an unpopular choice among students, the college would find it difficult to dismiss that teacher because of a strong union, he told members.

The executive directed Slater, Hunt and Jennifer Kurt, DSA vice-president of administration, to gather student opinions and present them at the next meeting.



How refreshing

A polar plunge participant braves the frigid water at Doon campus Feb. 3. The annual DSA-sponsored charity event raised \$345 for the Heart and Stroke Foundation. Plungers had to pay \$5 each to jump in the lake behind the Doon cafeteria.

(Photo by Dan Hebert)

Waterloo GAS may grow

By John Cinezan

The language option of the general arts and science (GAS) program at Waterloo Campus has real potential to grow said program coordinator Bob McIver.

The language option section of GAS is designed for students who need help in English at a post-secondary level. Conestoga College and the University of Waterloo joined forces three years ago to build a program that would help students with their poor English.

"Right now, we are only working with the math department at the University of Waterloo, but all their other faculties may be referred to us," said McIver.

If the whole university was to get involved, the college could expect up to 500 more referrals from U of W. Currently, there are 40 students taking the language option.

Students who are referred to the college are given an English proficiency test and then split into groups.

Students requiring little English instruction stay at the university and use a timetable with one or two English upgrading classes.

Students who have a little more trouble with the language go to Waterloo campus full time and take GAS for one semester with a special timetable strengthened with English grammar courses.

Students requiring a lot of help stay in GAS for a full school year.

Correction

On the Perspective page of Spoke's Feb. 7 edition, the name of Kevin MacIntyre was misspelled to read McIntyre. Spoke regrets the error.

Career Corner



By Marilyn Snyder

TRANSFERABLE SKILLS

You need a job? Get experience.
You need experience? Get a job.

You have probably heard this comment before. During this current economic climate, it is easy to become disheartened because the majority of positions (summer, part time or full time) seem to require experience?

The no-experience dilemma is a vicious cycle. If you have no experience, you can't get a job, and if you can't get a job, how can you get experience.

Breaking this barrier is just one reason why obtaining a paid or volunteer job is so important to your career.

Any job can teach you something and look good on a resume. Think about your past experiences — in school and your leisure time.

BABYSITTING - can demonstrate your supervisory abilities, sense of responsibility and good work attitudes.

WAITER/WAITRESS - good communication and interpersonal skills, sales, handling stress, trustworthiness, maturity and teamwork.

FARM - organizational and planning abilities, detail-minded qualities, ability to work independently. Consider all your **TRANSFERABLE SKILLS!**

- * Ability to communicate
- * Willingness to accept responsibility
- * Analyzing/Problem solving capabilities
- * Flexible and willing to learn
- * Can you handle conflict and stress?
- * Accuracy/Attention to detail
- * Organized - ability to meet deadlines
- * Work well with other people
- * Leadership/Management skills
- * Work with little or no supervision

Even if an employer doesn't interpret your accomplishments as seriously as you would like, the employer will be impressed that you rate your abilities high enough to make such a strong presentation.

Everyone has at least one hidden talent or unused ability. Maybe you have more. Try today to discover and use yours.

ELECTIONS '94

Doon Student Association is now accepting applications for the following positions:

- * Director of Public Relations
- * Director of Entertainment/Activities
- * Activities Assistant
- * Pub Manager



More information regarding these positions available at the DSA Administration Office.

Attention Grad Students

Last chance for grad photos!

If your class has not signed up for a photo shooting — do so today at the DSA Activities Office



Students brave deep-freeze in polar plunge for charity

By Blair Matthews

Apparently, some students at Conestoga's Doon campus couldn't wait until summer to take a dip in the pond.

A brave group of 15 students took part in last Thursday's polar plunge, to raise money for the Heart and Stroke Foundation as part of the college's annual Winter Carnival week.

Two members of the Doon Student Association (DSA), Jason Turner and Jamie Proudfoot, were on the plunge scene hours before it was scheduled to take place, attempting to saw a hole in the two-foot layer of ice.

Although an official water temperature wasn't taken, Proudfoot said it would have been a good idea, "Just to remind people as they're jumping in."

But, for the people involved in the plunge, that didn't seem to be a consideration.

Before the event, Nick Doelman, a first-time jumper, said that although he was a little nervous, he was getting pumped up and wouldn't feel the cold. He emphasized the fact that everyone involved in the plunge was required to sign a waiver.

"That's if you keel over in the pond and die — the college is in no way responsible," Doelman said.

Doelman signed up only a week before, even though he was going to take the plunge two years ago when he first came to the college. "It took me this long to do it," he said.

That wasn't the case for fellow

plunger Jeff Breedon.

Breedon had taken part in the event for two years before the 1994 polar plunge, and said there were no last-minute panic situations for him this year.

Breedon said the quality of the plunge depends on where they cut the hole. He said the first year he was in it, the hole was cut right along the side of the pond. "It was pretty short and you were just sloshing around in the mud."

A meeting for all participants was held just before the event, to go over the rules for the plunge.

DSA organizer Becky Boertien explained jumpers would only be allowed to go one at a time. "We want you in and out again. None of this one-minute swimming around because it's just so cold," Boertien said.

Other rules included no diving, no objects or props allowed in the water, and only one plunge per person allowed. That didn't seem to be a problem because of the fact that temperatures during the noon-hour event reached a high of only -14 C.

Prior to the plunge, Marilyn Fischer, senior nurse at the Doon campus, said that she didn't really have any regulations related to the event. "The only thing that I don't approve of is taking toys into the water, and running."

Fischer said in the past people have taken tricycles and bicycles into the water, which in turn created problems for participants jumping right after.

Fischer said that so far, there haven't been any cases of hypothermia, but in the past there

have been some injuries because of the sharp edges at the sides of the hole.

As polar plunge time neared, spectators waited impatiently behind safety barriers arranged around the edge of the pond.

Andrew Schneider, a first-year business student, hovered around the area preparing to take photos of the event. Though his course doesn't require him to take pictures, Schneider said, "I figure if they're nuts enough to go out and jump in that water, I might as well be nuts about getting out here and taking pictures of them."

Spectators and participants had to brave almost a one-hour delay of the plunge when the chainsaw being used to make the hole periodically froze.

"Because of the water, it froze on the chain," Boertien said. "We had a lot of impatient people but we didn't have anybody drop out."

When the plunge finally got underway shortly before 1 p.m., the participants lived up to their self-proclaimed motto: "Don't show the spectators how cold it is."

Participants lined up in order, dressed in attire that ranged from shorts and T-shirts to wet suits and custom-made hats. Jumpers generally followed the rules.

After their jump, they were ushered back to the DSA office where they dried off, collected their Winter Carnival sweatshirt, and warmed up with hot apple cider as they waited for a van to take them to the recreation centre for a shower and sauna.

After he took the plunge, Doel-

man, who was a little skeptical beforehand, said, "It was great . . . what a rush."

He said he won't be at Conestoga next year, but if he was, he'd definitely take part in the plunge. "I recommend it for anybody," he said.

The same attitude held true for Breedon.

"You've never felt such a rush until you do it," Breedon said the worst part about the whole experience was the delay. "You froze more standing by the door than you

did jumping in."

Though there were only 15 male participants scheduled for the polar plunge, a last-minute female entry surprised some of the spectators.

Elaine Young, a broadcaster from Ryerson College's Campus Television, was covering the plunge for the program when she set her microphone down and made the jump. Young admitted the water was every bit as cold as some of the participants she interviewed had indicated.

A total of \$345 was raised.

ATHLETIC HALL OF FAME

CRITERIA

Player:

- * Induction may only occur after a waiting period of 1 year after graduation
- * athletes must have demonstrated skill, leadership qualities, dedication and an understanding of sportsmanship
- * athletes must promote the image and tradition of Conestoga College through his/her behavior, leadership and attitude
- * athletes must be a graduate of the college

Teams:

- * Intramural teams of the year
- * O.C.A.A./Intercollegiate conference medallist team
- * O.C.A.A. Participants

Builder:

- * A coach, student, faculty member, staff member, official, administrator or member of the College community who has contributed greatly to the development of Conestoga College athletics and/or success of Conestoga athletes



Deadline for all applications is Feb. 24

For more information call 748-3512 ext. 270/386

BRT commercial goes up in smoke

By Brad Hilderley

A broadcasting — radio and television homework assignment went awry late Feb. 2, when smoke from a pyrotechnic device triggered an alarm in the Doon campus's main building.

A Kitchener firetruck and three Waterloo regional police cars were on the scene to deal with smoke billowing from the fourth-floor television studio.

Firefighter Marvin Derbecker identified the substance that caused the smoke as flash powder.

Following the departure of the emergency vehicles, students continued working on their project in the studio despite lingering smoke, which filled the fourth-floor hallway and classrooms with a foul odor.

"It's just a pyrotechnic. It's just to make smoke," said a male student in the studio.

The student would not state his name, nor say if he had set off the device.

"We just used a little bit, but this room has no ventilation, so it set off the fire alarm," he said.

"I know I'm going to get a big lecture for this."

Doon security supervisor Robert Gilberts said, "We could very well have had this place burnt down. The students should have got permission from the college's physical resources department to use such a substance."

"The alarm went off at 9:50 p.m.," said Doon security officer Judy Ethridge. "The alarm rings

throughout the entire main campus."

A fire panel in the security office told officers where the problem was.

Mike Du Boulay, a broadcasting program faculty member, said in an interview the next day, Gilberts had contacted him on the morning of Feb. 3 to inform him of the situation and to ask what Du Boulay knew about it. "That was my first awareness that something happened."

Du Boulay said the substance used was "a flash pot," but added he didn't know its chemical makeup.

It had been used by the students to film a commercial involving a magician, he said.

"We generally like to know when additional effects are used like that, but in this case we didn't know that was happening."

"I should have been made aware."

The fans go off at 9:30 p.m., said Du Boulay, so the students "were working in an absolutely still room."

A buildup of smoke triggered a smoke detector located in the studio.

Du Boulay said no disciplinary action would be taken. "It's really an information awareness type thing."

"It has to be announced somewhere in class that any projects that require that kind of thing, everybody should be made aware of it."

Du Boulay said he would not release to Spoke the names of the students involved in the incident.

Athletic Hall Of Fame Nomination Form

Nominees's name _____

Involvement _____

Other outstanding contributions or awards _____

Further comments _____

Submitted by: _____

Signature: _____

Guelph campus survives consolidation

By Craig McLay

Conestoga College's Guelph campus is still alive and kicking after last summer's consolidation, according to campus administrator Christine Rivett.

"We're still here, alive and well, and we plan to stay that way for quite some time," she said.

"I think a lot of people confuse the idea of course integration with total campus amalgamation."

The Guelph campus lost more than 400 students from its business and materials management courses to Doon last summer as part of the college's plan to cut costs by consolidating programs to one central campus.

"The trades and apprenticeship remained in Guelph," she said.

"We closed down the Cambridge (campus) welding. We closed down heat pump and appliance and moved them in here from Waterloo, and we brought in carpentry from Stratford."

Rivett said the main reason for the move was a financial one.

"It was definitely a cost-cutting move. It's cheaper to run something out of a facility that you own rather than one that you rent."

The other key reason was space, she said.

"By moving out the materials management and business pro-

grams, that allowed us the space to bring the other ones in.

"Eventually, I guess, the next step is to build the school of business so they'll have their own area.

"Someday down the road we're looking at trades and apprenticeship having their own school as well."

Rivett said that consolidation hasn't lightened her workload, just changed it slightly.

"The work hasn't gone away. With trades and apprenticeship, we have a turnover of students every eight weeks, so the activity is still there, it's just that there are different types of demands."

Consolidation also changed the type of student coming to the Guelph campus, Rivett said.

"What we're getting now are a lot of people, particularly in the apprenticeship area, that may have been married a few years and have a family.

"It makes it difficult for them because there's a different interest. These folks have got to get home and pick up kids from sitters. It's more of a family than singles on the bar scene."

The Guelph campus currently has 102 fee-paying students enrolled who are eligible to take part in student government.

There are five diploma programs left at the campus: electrical me-

chanical technician; industrial maintenance mechanic; appliance/heat pump repair; carpentry; and welding engineering technology, which runs two years.

Guelph also has 2,100 students enrolled in continuing education courses, Rivett estimated.

Some of the programs at Guelph are designed to help mature students transfer their skills into qualifications, she said.

"A lot of people have years of experience, but they have nothing on paper," she said. "We try and help them out that way."

Plans are in the works for Guelph to upgrade its computer facilities in order to offer a wider selection of courses to students.

"Right now we're hoping to upgrade the computer labs here. We're not able with the computers we have to offer a lot of courses — Windows for example — but that's where the demand is."

Although total consolidation — closing down the Guelph campus and moving everything to Doon — may still be down the road, Rivett wants people to know that Guelph hasn't gone anywhere yet.

"We haven't removed any labs. We haven't removed any furniture. We haven't closed off doors or barricaded any rooms or anything. We're going to be here for a while yet."

ELECTIONS '94

Get involved in Student Government

Executive Positions Available

- * President
- * VP of Student Relations
- * VP of Operations



Nominations Open Monday Feb. 14 - Thursday Feb. 24

For more information on the positions available, See Jenn at the DSA Administration Office

Incredible Rental Incentives!

Two or three bedroom town homes close to college, with large rec room, appliances and one and a half baths.

Call 748-9678 and ask for Phil or leave a message on voice mail.

GATT spending stalled at Guelph

By Craig McLay

The Guelph Association of Trades and Technicians (GATT) is looking for a way to spend money — activity money that is.

Since it was started last semester, the new student association at Conestoga College's Guelph campus has been finding it hard to schedule activities that grab the attention of Guelph students, according to GATT vice-president Al Tully.

The need for more student participation was on top of the agenda during an informal Feb. 2 meeting that was cut short because GATT president Mike Montpetit was off sick.

Discussion centred around finding activities that would appeal to the Guelph student body, made up largely of mature students.

A free bowling night held Jan. 29 at the Woodlawn Lanes bowling centre was cited as a qualified success.

"It was fun," Tully said. "We had 12 people show up out of the 40 who signed up. The weather was pretty inclement, so that wasn't too bad."

Tully said that a lot of the students who attend the Guelph campus don't necessarily live in Guelph.

"If 30 per cent live in Guelph and 70 per cent live out of town who's going to come to Guelph for a

casino night or something?" he asked.

Tully said that scheduling activities at Guelph is harder than it would be at Doon, because of sheer numbers.

"If you (Doon) get 10 per cent of your student population out at an activity, that's 300 people or so. If we get 10 per cent, that's only about 20."

Some of the other ideas raised at the meeting included a darts tournament, a dance to be held in the Guelph cafeteria in March or April, and possibly renting a pool hall.

"It's fine that we make plans like this, but it's not worth doing it if all we get is 12 people," he said. "If we can get 75-80 people out, then it's really worth while."

Tully said there was no response to an earlier plan to hire a bus to transport Guelph students to the Doon campus for the Winter Carnival Week festivities.

"We just deal with a totally different situation here," he said.

"Most of us are older. Most of us have families. When three o'clock hits, the parking lot is empty. Guys here are thinking about getting home, not driving to Doon to watch the polar plunge."

The association decided to schedule another meeting for Feb. 4 to get plans for upcoming activities.

Woodworking conference held at Doon

By John Cinezan

Conestoga's woodworking students were given plenty of information about what it takes to make it in the woodworking industry at a conference at Doon campus, Feb. 2.

The six panel members, who came from various fields in woodworking, all agreed that basic training and all-round general knowledge of woodworking was essential before entering the field.

Kevin Tratt, a representative of Julius Blum Canada Ltd., said, "At one of our factories in Austria, you can spend up to a whole day learning how to fold sandpaper."

The panellists said a woodworker entering the field can expect to do

menial jobs for a long time before moving up.

Wayne Scott, a representative of Acorn Kitchens Ltd., emphasized the importance of basic training. "It's very important. All the guys we've hired all wished they could go back to school again and learn more."

Lloyd Love of Durham Furniture, told the students, "whatever business you're in, cheap or expensive, you must put out value for the dollar. Consumers want good quality furniture for fewer dollars. That's why we must always improve ourselves."

Love said the recession has taken a toll on the industry so a woodworker must be flexible and wear two or three hats if need be. "Train-

ing and teamwork are very important here. There must be no weak links in the chain."

According to Scott, success for a company lies within the individual.

"A person has to do their job, no matter how meaningless it may seem. Whether it's stacking lumber or feeding machines eight hours a day, everyone counts."

Derrick Grift, of La-Z-Boy Canada Ltd., said, "What the industry is looking for is a skilled and knowledgeable worker who can run high-tech equipment, if necessary."

Tratt agreed, saying, "You're going to see more and more Computer Numeric Controlled (CNC) machines out there, so learn what you can here."



Badminton Instructional Clinic

"FREE"

to members of Conestoga College Rec Centre

Non-members - \$6

Take advantage of this chance to enjoy an evening of badminton instruction.

Everyone Welcome!

A certified clinic instructor will be on hand to provide an evening

Habitat for Humanity targets Conestoga



Former U.S. president Jimmy Carter worked a full day last summer at the Habitat building site in Bridgeport, where 10 houses were erected in one week.
(Photo by Wladimir Schweigert)

By Wladimir Schweigert

An appeal to the conscience, a pat on the shoulder, a word of encouragement are techniques employed by volunteer recruiters.

Janelle Martin also uses a reminder of past accomplishments of prospective volunteers.

Martin, the "campus-chapters" director of Habitat for Humanity Canada, would like to see Conestoga become the first community college in the country with a campus affiliate of this non-profit organization.

Martin said she would like to see a chapter at the Doon campus "because of the amount of work students of Conestoga College put into Habitat this (past) summer."

Daily newsletters, prepared by Conestoga's journalism students during last July's building campaign in Bridgeport, showed the interest of Conestoga's students.

Organizing a campus chapter and volunteering for Habitat, Martin said, provides students with an opportunity to participate and make a difference in the community — averting the sense of frustration young people often experience when faced with seemingly insurmountable problems in society.

Habitat for Humanity, started several years ago in the United States by Millard Fuller, with former U.S. president Jimmy Carter and Canada's former governor general Ed Schreyer, as high-profile "emissaries," seeks to eradicate "poverty" housing.

It works in co-operation with

business, community and church leaders in securing donations of materials and labor for the construction of houses which are then sold (without profit) to people of limited resources.

Martin hopes to start 15 new campus chapters in high schools, colleges and universities by the end of 1994.

UW is the first and only institution to have an established campus chapter.

"It would be neat if it (Conestoga) would be the first (community) college to become a campus chapter in Canada."

— Janelle Martin,
campus-chapters' director of
Habitat for Humanity Canada

An affiliate is an independent body with its own board of directors, and campus chapters are established to get students involved.

Martin said campus chapters fulfil three main functions: One is to build and remodel old houses. The second is to educate students and the general public about adequate housing.

In Canada people don't see the poor conditions some people live in.

In the southern U.S., she said, "When you see the shacks, you know what they are. In Canada we

hide our poor." Because of the climate they can't live in shacks and are, therefore, not visible.

The third objective is fund-raising.

Students can donate the money in whatever way they want. Students get a sense of accomplishment when they realize, Martin said, the \$2-3,000 they raise pays for a house in a Third World country.

There are approximately 300 campus chapters in the U.S. while there is only one in Canada.

She pointed out the "hands-on" approach of learning in community colleges, which gives them an edge when time comes time to pick up a hammer and do something concrete.

Students at Humber College in Orangeville have contributed with house designs and a site plan to the affiliate there, and students of Conestoga's Guelph campus are considering helping their city's Habitat affiliate.

Starting a chapter is not a long process.

Martin said a faculty adviser would have to be found, a board of directors elected, a questionnaire answered and the "covenant" signed with Habitat which establishes the rules.

Because the ties are already there, Martin said, "it would be neat if it (Conestoga) would be the first (community) college to become a campus chapter in Canada."

Martin is on a speaking tour to nine schools in Ontario. She said she would "love" to speak to Conestoga's Doon students.

Valentine's Day history affects today's customs

By Laura Nahls

Chocolates and flowers are as synonymous with Feb. 14 as love and romance.

Both can be found at the Doon campus this Valentine's Day.

The alumni association is selling carnations at various locations on the main floor. Their S.W.A.K. promotion, which featured a cartoon love affair between characters Cliff and Cleo, was revealed as Sealed With Alumni Kisses.

With the \$2.50 purchase of

every carnation, the buyer receives a Hershey's chocolate kiss.

The DSA is selling valentine's chocolates and there are plans for a bachelor/bachelorette auction.

DSA activities coordinator, Becky Boertien, is skeptical if love and romance are alive at Conestoga. "We'll just have to see how many people get involved," she said.

There are many legends referring to the origins of Valentine's Day.



British historians claim the date of the celebration stems from the belief that birds choose their mates on Feb. 14.

Geoffrey Chaucer, a poet of the 1300's, wrote in The Parliament of Fowls, "For this was on Valentine's Day, when every fowl

cometh to choose a mate."

Three hundred years later, Shakespeare wrote of Valentine's Day in a Midsummer Night's Dream. A character in the play discovers two lovers in the woods and asks, "St. Valentine is past, begin these woodbirds to couple now?"

The early Christian church had at least two saints named Valentine.

According to one legend, Valentine was an early Christian who made friends with many children. The Romans imprisoned him be-

cause he refused to worship their gods.

The children missed Valentine and tossed him loving notes between the bars of his cell window. He was executed on Feb. 14.

This tale may explain why people exchange messages of love on Valentine's Day.

These traditions have modified with the passage of time. Whether it's celebrated with chocolates and flowers or heart-shaped cards, the day is still set aside to share with those we love.



Kiss the cook

Jeanne Seyler (left) and Diana Herzing, two Harvey's employees, keep warm by the grill while they serve \$1.99 burgers during the Winter Carnival activities held at Conestoga's Doon campus from Jan. 31 to Feb. 4.

(Photo by Julie Magee)

Take a Break

Spring Break '94

Daytona Beach

Prices have Dropped!

There is still time to sign up to go to the sunny south.

See Becky at the DSA Activities Office for more information.



Perspective

Mature Students



Prior life experience valued at Conestoga

By Omar Welke

The knowledge gained by mature students in the workforce and through life experience, is finally being formally recognized by post-secondary institutions in Ontario.

An initiative, mandated by the Ministry of Education and launched in September 1993, allows students to challenge programs and courses in which they already have life experience, said Eleanor Conlin, Conestoga's higher learning facilitator.

At Conestoga, Prior Learning Assessment (PLA) will hold the first of these challenges in March.

"Unofficially, most colleges have always had some sort of assessment for mature students coming back to school. Really what we are doing is formalizing that process," Conlin said.

The PLA program is the direct result of the Vision 2000 study held by the ministry to review the direction of education in colleges.

About 130 students showed interest in the initial stages of the program, despite limited marketing that was done to encourage students to take advantage of the program.

"We have been pleased with the interest shown with the little advertising we've done. We did not want



The PLA implementation committee meets to discuss assessment procedure. (Left to right) Pat Tondreau, Deborah Weickert, Marg Smith, Janeen Hoover, Paul Tambeau, Eleanor Conlin, Marilyn Black-Lambert, Geoff Johnstone, Debra Croft, Karsten Madsen. (Photo by Wladimir Schwiebert)

a lot of students before we tried it out and had policies and procedures in place," Conlin said.

There are two methods by which students can challenge courses at Conestoga and translate previous experience into credit for their courses.

The first is a direct challenge. If a student gained, through previous

work experience, skills that can be linked to the program they are pursuing, then a test or series of tests can be administered to determine if exemptions are warranted.

These tests will have to be fashioned by the faculty involved and will have to ensure the student meets standards set by the College Standards and Accreditation Coun-

cil (CSAC) and the ministry, Conlin said.

"If you feel you have met the goals, then yes, you can challenge a course."

Some may not be sure if they are ready to write a challenge test.

For them, the portfolio route of the initiative may be the proper approach, she said.

"There is a portfolio process that you can go through to produce a written document that shows the learning you have accumulated."

This document will be a synopsis that will prove what the student has learned.

One of the obstacles faced by the administration when trying to implement PLA is the deadline of September 1994 imposed upon them, said John MacKenzie, Conestoga's vice-president of student development and human resources.

One hundred per cent of all courses and 50 per cent of all certificate/diploma programs must be available for challenge by that date.

Although both he and Conlin support the PLA program, they acknowledge that there are obstacles to overcome.

Special transcripts, curriculum, evaluation tests and changes to the college's infrastructure are problems they cited when trying to meet that deadline.

MacKenzie said that these were not insurmountable problems. "It is just that sometimes people think these things are great, but they forget that there has to be a structure in place to support that happening."

A course-per-course approach to PLA would make it easier to prepare specific challenges, he said.

Student overcomes obstacles

By Omar Welke

Time management, stress relief and family support are three factors every mature student must take into consideration upon returning to school, after an extended absence.

Tania Cannon, a first-year law and security administration (LASA) student, is well aware of the sometimes almost insurmountable obstacles placed in front of her and her mature student peers.

"We have a somewhat teetering relationship between our school-work and home life," said the single parent, who decided to face the challenges of a mature student.

"What brought me back was a lot of thought, hard work and the realization that you really can not get too far without a good educational background."

The first hurdle Cannon faced, was upgrading her education to qualify for the LASA program.

She found the resources were available. She attended Open Door, a secondary school where adults can upgrade their high school skills. After one rejection from the LASA administration, she is now in the second semester of the program.

School, home, friends and her seven-year-old daughter Nicole all clamor for Cannon's attention. Time management is something she has to work at to avoid neglecting some aspect of her life.

"Before I came to college, I prided myself on being an organized person, now I'm not too sure."

"It's difficult to manage a home, schoolwork, homework, house-

work, kid and volunteer work and get it all done effectively."

Although she tries not to short-change anyone in her life, Cannon worries her daughter might sometimes feel left out.

Nicole has Attention Deficit Disorder (ADD), a condition that causes some behavioral problems. Sometimes it's hard for Cannon to tell if her daughter resents the lack of attention, though Nicole does let her know if she needs attention.

"That still does not make it any easier. It still bothers her (Nicole) that I have to do homework all the time and we do not go out. That's the biggest short-change."

Dealing with stress is a tricky proposition, Cannon said. It is sometimes tempting to simply yell at people, but having the support of others means there are other solutions.

Her family is from Elmira and they have been a great help to her. She stressed that mature students need people behind them. It can't be done alone.

"Just even sometimes to complain to them, that makes a big difference. It's the only thing that keeps me going sometimes."

The instructors at Conestoga also play an important role in the life of a mature student. Some are aware of her special situation and take care to make the proper adjustments.

"They are not any more lenient on a mature student in a group. They still expect the same from us. But they are pretty good about me missing a class or two."

Starting a self-help or support group

★ Find like-minded people:

Define your interest/problem very thoroughly, the more defined or specific your purpose, the easier it will be to form a group with the same concerns.

★ Define the purpose:

Set goals, objectives and priorities. Clearly define the goal of the group and determine the methods to use to accomplish goals.

★ Define membership:

Reasons for denying people membership should be clear. Self-help groups usually put few requirements for membership. They make it easy for people to join the group.

There are many books available that can help people start their own self-help groups. If you are interested in joining a group already in existence, community centres, social service agencies, community colleges, public libraries and self-help/mutual-aid clearinghouses are good sources.

(Helping You Helps Me: A Guide Book For Self-Help Groups, Karen Hill, Canadian Council on Social Development, 1987)

Hectic schedules dissolve student support group

By Monika Greenan

Hectic schedules may be one of many reasons why The Mature Students' Association, at Conestoga College, Doon campus, has dissolved.

The association was founded in September 1991 by mature student, Georgia Wilson, with the assistance of Dr. Elizabeth Strauss, a former teacher at the college.

Past-president and vice-president Regis Coladipietro, who graduated from the accounting program in April 1993, was unaware that the association had ceased to operate.

"She (Wilson) was going to be president this year," said Coladipietro, "but her class time might have just been too hectic."

Coladipietro said she became involved with the association because it sounded like a good idea.

There was a core group that stayed with it all the time and arranged workshops. Regular meetings were held to find out mature students' needs, wants and concerns, then speakers were asked to conduct workshops.

"The speaker was always a person within the college and there was never any charge for students. Despite the fact that a lot of mature students said that there was nothing for them, they did not really want to participate. They would come out for one or two meetings and never come out again."

One of the reasons why students

tend not to get involved in college is that they are only here for two or three years, as opposed to university where students may stay from four to eight years.

But there are other students that will get involved even if they are here for only one year.

"Those were the people that came out regularly and made it fun. We still all know each other and use each other as resources."

The driving need for mature students, according to Coladipietro, is coping skills, especially during the first semester. Mature students ask, "How do you do this? How do I explain to my kids I have to do homework? What do I tell my wife? What do I tell my husband?"

Mature students have a unique situation because they are here to get an education and return to the workforce. They are not here to socialize.

"I'm hazarding a guess that most mature students here have a family and that extra part of their lives is more important than going out to a pub or a ball game."

"The mature students that were involved with the association now know someone else in the college who is going through the same thing they are. They can sit down with them, have a coffee, and say 'Am I going crazy or is this what it is really like?'" said Coladipietro.

"They can offer support to each other. Hopefully we (the association) have achieved that."

Course popularity grows

By Alan Horn

In a room at the college's Waterloo campus a sign reads: "The art of social chemistry."

Throughout the same room are bottles of nearly any drink imaginable to support that contention.

Bartending techniques, one of the more popular continuing education courses is offered in this room, as well as in rooms at the Guelph and Cambridge campuses.

Debbie Wilson, an instructor in the course, said it usually fills up two weeks after it goes into the course booklet.

In fact, sometimes Wilson has individuals show up at night while she's teaching to ask if they can get into the course.

Almost 150 students are enrolled in the program, which concentrates on hands-on experience more than lectures.

Students make drinks from original recipes instead of premixes.

The class is also taught the proper way to work a bar, including setting up a bar, and a little about liability.

Eventually, the program may incorporate the Server Intervention Program (SIP), which is a

four-and-a-half hour session that teaches how to control a person who has had too much to drink.

"If it is not added to the bartending program, it will be offered separately," said Frania Banks, program manager for the centre of continuing education.

Wilson said there are six different types of drinks, but each of these drinks can be sub-divided into 10 to 25 other drinks.

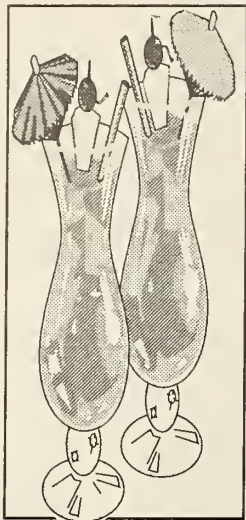
Much of the time is spent mixing drinks. However, colored water, which is made of caramel, is used rather than alcohol, since the class is offered in a non-licensed room.

Another instructor in the course is Ted Kawalec, who indicated why the class is such a success.

"The casual environment. They come in here and it's not like sitting at a typewriter for three or four hours and typing. Here, we actually learn by doing and we're mixing cocktails for a number of classes."

Kawalec said the majority of students are taking the course for interest, but added there are also waiters and waitresses who are taking it so they can become bartenders.

Bartenders also take the course so they can upgrade their skills.



Ted Kawalec, a bartending instructor at Waterloo campus, shakes some ice during the first class of a new semester.
(Photo by Alan Horn)

Brewery trip leads to student complaints

By Alan Horn

The bartending techniques course offered at the Waterloo, Guelph and Cambridge campuses broke from a long held tradition within the last six to eight months when a student complained about the alcohol that was served at an off-campus event.

Traditionally, tours to Bacardi Distillers in Brampton and one other brewery had been arranged by teachers in the bartending course. However, because of the complaint on a course evaluation form, the college has prohibited the tasting of alcoholic drinks.

Frania Banks, program manager

for the centre of continuing education, said the college could be liable if a student is involved in an accident that is alcohol-related.

Under provincial law, the college would be held responsible if alcohol was served to students while they were involved in a college function.

There was also a concern that the course wasn't being represented accurately in the continuing education catalogue, which made no mention of field trips.

"I have a concern from a marketing standpoint. When you advertise a course, make sure you advertise what the person is getting," Banks said.

However, Debbie Wilson, an instructor in the program said the occasional times students did taste their drinks it was done in licensed facilities.

"There's a dining room on campus (Waterloo) here which is a licensed room, and when we went to the breweries they were licensed themselves in the hospitality room. It was actually a licensed room every time and it was up to the students if they wanted to attend or not. It was not held on a class night. It was on an off-night," Wilson said.

Banks said it can be argued that students won't know what the drink tastes like.

ELECTION NOTICE

ONE PERSON IS TO BE ELECTED AS A MEMBER OF THE CONESTOGA COLLEGE OF APPLIED ARTS AND TECHNOLOGY BOARD OF GOVERNORS FROM EACH OF THE FOLLOWING TWO CATEGORIES:

STUDENT

OPEN TO ALL FULL-TIME AND PART-TIME STUDENTS ENROLLED IN A PROGRAM OF INSTRUCTION (A GROUP OF RELATED COURSES LEADING TO A DIPLOMA, CERTIFICATE OR OTHER DOCUMENT AWARDED BY THE BOARD OF GOVERNORS).

TERM OF OFFICE: SEPT. 1, 1994 - AUGUST 31, 1995

ADMINISTRATIVE

OPEN TO ALL PERSONS EMPLOYED BY THE BOARD OF GOVERNORS, CONESTOGA COLLEGE, ON A FULL-TIME OR PART-TIME BASIS WHO ARE NEITHER AN ACADEMIC NOR A SUPPORT STAFF MEMBER.

TERM OF OFFICE: SEPT. 1 1994 - AUGUST 31, 1997

The terms of reference for these elected internal members are the same as those for the externally appointed members of the Board of Governors. Nomination forms will be distributed on Feb. 18, 1994. Nomination forms will also be available in the office of the secretary-treasurer of the board (Kevin Mullan).

Closing Date for nominations: March 9, 1994

Lists of nominees to be posted on campus bulletin boards on March 18, 1994

ELECTION DATE: WED., APRIL 6, 1994

The Jays Are Back!

You could win two tickets to see the Jays in action!

DSA & CRKZ PRESENT



ROCK N' BOWL

Thursday, Feb. 24

11 p.m. - 1 a.m.

Frederick Brunswick Lanes

Tickets \$7

Tickets on sale now at the DSA Activities Office
Licensed event!

Lifestyles

Body image key to eating disorders

By Venus Cahill

The Kitchener Public Library (KPL) hosted a seminar on eating disorders on Feb. 3.

The seminar was one of several events scheduled during Eating Disorders Awareness Week.

Approximately 200 people filled the auditorium and listened to three panelists address different aspects of eating disorders.

Sunny Sundberg, of the University of Waterloo's counselling services, said eating disorders are not easily recognizable except when someone stops eating altogether.

Then it becomes visible fairly soon as the weight starts to drop.

"We are always doing diets," Sundberg said, "and of course there is not a diet that is a healthy one. So often, but not always, that is the stemming of the process."

A recovering bulimic, and the parent of a recovering bulimic, gave information on the role society plays on an individual's body image.

The speakers did not preach and the audience accepted their stories as they were intended, as information — not as a solution.

Marilyn Fischer, senior nurse at Conestoga's Doon campus, said people with eating disorders see thin models and abuse their own bodies trying to mimic them.

"They always picture themselves as being big and quite often they are not overweight. That is the sad part."

Many have the misconception that people with eating disorders are harming themselves on purpose, even possibly to obtain attention, Sundberg said.

"It is not volitional. It looks like (self) punishment. It looks like they are doing it on purpose."

One reason people do not tell anyone they have an eating disorder is because they feel foolish.

"Eating disorders do not start off as a control thing and they quite often are not intended to control friends and family either," she said.

"So we have a situation here that looks like it's volitional, it looks like it's control. It looks like it's all kinds of things. It's not so. It is, I think, a body gone crazy.

"And then

what we eat and what we don't eat, affects how we think and it how we behave," she said.

Sundberg mentioned how times are changing and how complex life is for people of this generation.

She did not dwell on body image as the only possible contributing factor to the disorder.

"I do think part of this is a spiritual

illness. We have not replaced it with anything . . . but those quiet times, those times of being in touch with your spiritual being, have not been replaced.

"We are talking about nurturing and we are talking about not being

nurtured of being starved to death, of having the nurturing that is not palatable," Sundberg said.

The seminar could not give

definite answers to many of the questions concerning eating disorders. It also could not offer an iron-clad reason for the sickness, or a definite cure.

"It takes a long time to rehabilitate these people and to get them to understand that you don't have to look like a model. Models are too skinny to begin with," Fischer said.

Fischer said a lot of girls used to look at the charts the insurance companies circulated.

But now there is no longer a figure for a five foot five (153 centimetre) girl to compare herself with.

"There are no longer rigid charts; it is left to the individual's doctor to decide if she is healthy or not. That seems much more logical (than the insurance charts)," she said.

Fischer also said she knows of no one at Conestoga suffering from an eating disorder now, but that doesn't mean people aren't having problems.

"We certainly have lots of people with problems of not knowing what to eat. I am not aware of any anorexia or bulimia. There could very well be," she said.

Eating disorders are serious diseases with often fatal consequences.

"People die from this process," Sundberg said.

"I would like to say after 15 years that I have all the answers. I do not."

Stress affects eating habits, nurse says

By Sheilagh McDonald

Stress is the main cause of thousands of medical conditions known to man.

It can result in ulcers, heart problems, migranes and countless other ailments.

What some students may not realize is stress can affect a person's eating habits and vice versa.

Marilyn Fischer, senior health nurse at Doon campus, said recently that stress can affect a person's appetite in two ways.

"A person who is stressed can either eat too much or too little. This is why we have two eating disorders: anorexia and bulimia," Fischer said.

Jennifer Sawchuk and Susan Neill, second-year early childhood education students at Doon campus, have the same course workload.

Both women have placements on Mondays and Tuesdays and 19 hours of class time the rest of the week. The two even travel together. Neither has a part-time job and their days are almost identical from 8 a.m. to 5 p.m.

However, there is one difference, their eating habits. While Neill says she has three meals a day at regular times, Sawchuk says she eats what she feels like when she feels like it.

The 29-year-old Neill said she was raised on fried foods but changed her habits three years ago. She includes healthy food in her diet as a preventive measure because of her family's history of heart disease.

Today, Neill attributes her lack of stress to her good eating habits.

"I know if my eating habits were different I would not have the energy to do the things I do."

Sawchuk said she feels some stress in her course but attributes that to the amount of driving she does each day.

She, too, changed her eating habits a few years ago.

She used to eat very little compared to the large appetite she has today.

The 20-year-old says she normally has three meals a day but they don't always include the four food groups.

Unlike her friend, she craves junk food.

Both agree their habits aren't too far off from one another, but the difference comes when they describe their stress levels.

Both describe the course load as heavy, yet the amount of pressure each feels coping with the work is different.

"Sometimes I feel fatigued at the end of the day," Neill said.

Fischer said there are three fac-

tors worth considering when changing eating habits.

The first is time constraints.

"If a person has a tight schedule they will use it as an excuse that they do not have time to eat properly."

She suggests students manage their time better to include meals because eating quickly puts pressure on the digestive system.

As an alternative, students could bring simple snacks from home, like celery or sandwiches, that they can eat on the way to class.

Fischer also said the body always needs fluids and if a student is not eating at all, chocolate milk is better than nothing.

Another factor is past practices and Fischer says they can strongly affect eating habits.

"If a person normally misses breakfast and just grabs something whenever, it can be very hard for them to change that practice," she said.

"Other people may have had parents who stressed the importance of eating properly and still practice good eating habits today."

The final factor is peer pressure. "If a student sees their friends having chips or hamburgers there is a great tendency to follow suit," Fischer said.

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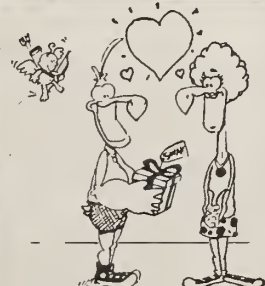
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ENTRE

SPORTS

Conestoga Condors slay Knights

By Brad Hilderley

When a hockey team's top scoring line has a good night, a win is the usual outcome.

Such was the case Feb. 2, as centre Dave Long, left-winger Joel Washkurak and right-winger Chris Ottmann led the Conestoga Condors to an 8-5 victory over the visiting Niagara Knights.

The game, played in front of about 50 spectators at the Doon campus recreation centre, was closer than the final score suggests, as the Knights did not halt their charge until the final buzzer.

The Condors remain in second place in the Costello Division of the Ontario Colleges Athletic Association as their season record improved to 10 wins, two losses and no ties.

The Knights, tied for last place in the same division, saw their record fall to six wins, five losses and two ties.

Long and Washkurak put the Condors ahead 2-0 in the first before Knight Scott Punnett scored on a breakaway.

Ottmann put the Condors up 3-1, but Joe Covelli replied for the Knights.

Washkurak's second of the game increased the Condor lead to 4-2, but Pete Lachance brought the Knights to within a goal with 29 seconds left in the first.

Conestoga	
Condors	8
Niagara	
Knights	5

The Knights were shut out in the second period, as the Condors increased their lead to 6-3 on goals from Graig Elliott and Long.

Covelli's second, at 3:57 of the third, followed by Lyndon Johnston's hard shot from just inside the blue-line, narrowed the Condor lead to 6-5 with about 6 1/2 minutes to play.

Long completed his hat trick with 2:20 left, following intense Niagara

pressure.

Ottmann got his second goal with an empty-netter in the dying seconds to make it a three-goal margin.

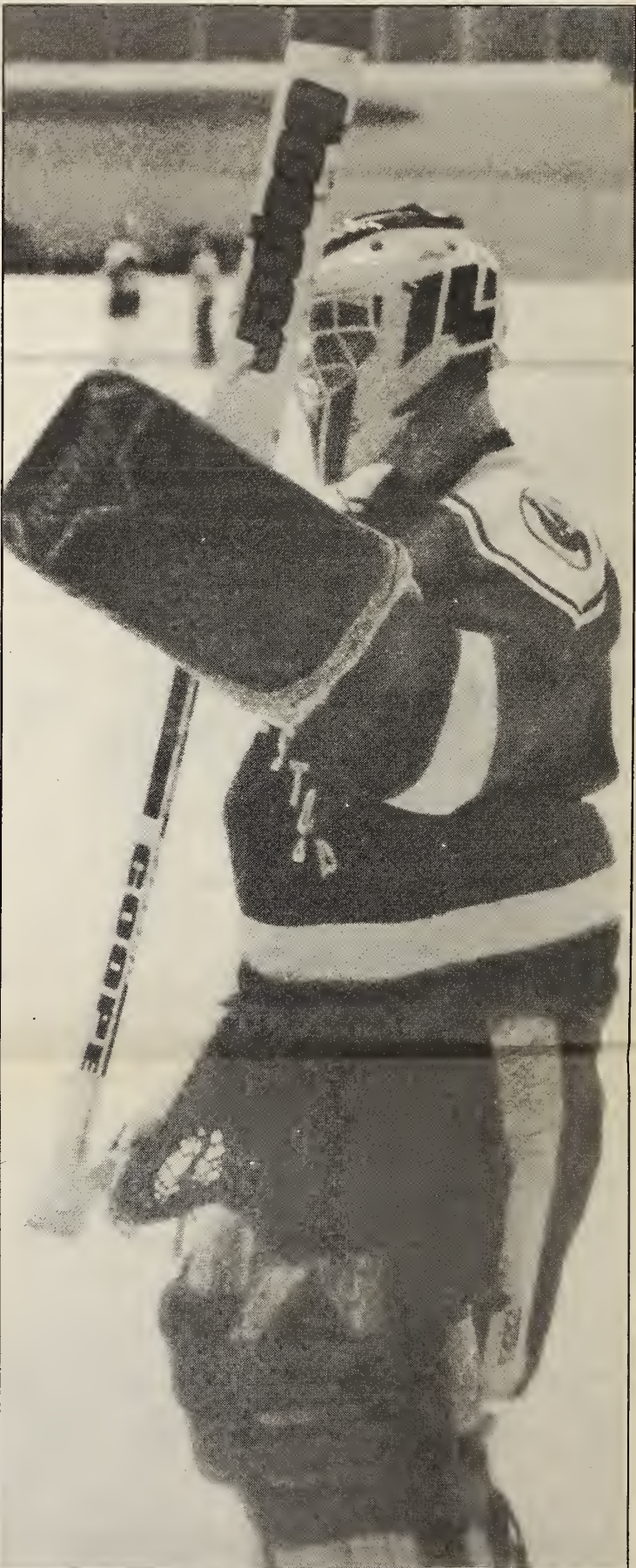
"I think we had a few mental breakdowns," said Ottmann in a post-game interview. "We thought it was over, so we let them back in near the end."

"We might have taken them a bit lightly at first," said Ottmann, a first-year civil engineering student. "We've been feeling confident," he said. "But we've got to learn to play a full 60 minutes."

As for the Long-Washkurak-Ottmann line, the right-winger said, "When we're going, we can be the most potent line in the league."

Ottmann said he hurt his left foot by blocking a shot, and he joked to Condor head coach Ron Woodworth, "I don't block shots in the regular season, maybe in the playoffs, for sure in the finals."

The Condors were to have played Feb. 11 and 12 at Cambrian College and will take on the Sir Sandford Fleming (Peterborough) Knights at home Feb. 16.



Condor goalie Scott Ballantyne skates to his position during the Feb. 2 game against the Niagara Knights at the Kenneth E. Hunter Recreation Centre.
(Photo by Jeff Brinkhof)

Attention Hockey Fans!

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Toronto Maple Leafs VS St. Louis Blues

* Monday March 7

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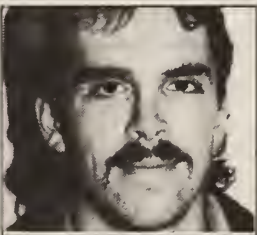
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Sign up at the DSA Activities Office



Male athlete
of the week for
Jan. 30 — Feb. 5



Dave Long

Long had three goals and three assists in the Feb. 2 game against the Niagara Knights.

Spokesports

Scoreboards and Schedules

(As of Feb. 6, 1994)

Ontario Colleges Athletic Association

Men's Hockey

Costello Division

TEAM	W	L	T	GF	GA	PTS
Seneca Braves	11	1	0	97	31	22
Conestoga Condors	10	2	0	78	45	20
Cambrian Gold Shield	7	7	0	92	79	14
Niagara Knights	6	5	2	89	82	14

Parker Division

TEAM	W	L	T	GF	GA	PTS
Algonquin Thunder	8	6	1	77	83	17
Fleming (P) Knights	3	10	0	51	94	6
St. L. (B) Schooners	3	10	0	65	102	6
Fleming (L) Auks	2	9	1	50	83	5

OCAA HOCKEY SCORING LEADERS

PLAYER, TEAM	GP	G	A	PTS	PIM
Dave Long, Con.	12	17	26	43	24
Tim Favot, Cam.	14	12	26	38	16
Troy Gleason, St.L.(B)	13	14	24	38	22
Peter Lachance, Nia.	13	14	23	37	22
Derek Etches, Cam.	14	19	16	35	18
Brent Jones, St.L.(B)	13	14	20	34	74
Tom Jack, Sen.	12	17	17	34	2
Chris Ottmann, Con.	12	21	12	33	25
Kirk Sharkey, Alg.	12	20	12	32	0
Joel Washkurak, Con	11	10	21	31	49

Other scores around the league:

Feb. 4: St. Lawrence(B) 10 — Fleming(P) 7
Feb. 5: Algonquin 4 — Fleming (P) 2

NEXT HOME GAME:

Wednesday, Feb. 16, 7:30 p.m.

Conestoga
Condors



versus



Sir Sandford
Fleming (P)
Knights

Cement Heads crushed by Individuals

By Gary Wiebe

Unlike Manon Rheaume, the first woman to play in an NHL game, Tammy Flanagan has never had the opportunity to play in such lofty sporting circles.

However, that didn't stop her from giving a dazzling display of goaltending in the final game of the regular intramural hockey season, as she backstopped the Individuals to a 6-1 rout of the Cement Heads.

The Individuals opened the scoring at the 10-minute mark with two quick goals from Peter Scandlon and Paul Balliu. The Heads lone goal, potted by Tom Dagenais, came three minutes later. Then the well ran dry.

Two goals by Joe Poinier and one each from Chris Molner and Bryan Sutter completed the destruction.

Flanagan, who finished the season with a respectable 3.36 goals against average, faced a steady barrage of shots but retained her composure.

Dagenais, however, didn't retain his. The frustrated forward received a 10-minute misconduct late in the game, resulting in a one-game suspension.

In game one of the previous day's action, the Water Buffaloes, lost for the first time, falling to the Mustangs in a contest reminiscent of the National Hockey League's annual All-Star game — high scoring and no hitting.

Seventeen goals were tallied as the Mustangs hung on for a 9-8 victory.

The Buffaloes' Josh Alexander, with his first of three, opened the scoring at the six-minute mark. The Mustangs rallied with three unanswered

markers by Rob Thibeault, Marty Feijo and Jamie Vanderburg.

Trevor Frasier pulled the Buffaloes to within one, but the period ended with a four-goal outburst by the Mustangs, giving them a 7-2 advantage.

With 10 minutes left in the game and the score 9-4, the Buffaloes turned up the heat on three goals by Jamie Hislop, to give him four on the night, and one by Alexander to complete his hat trick.

Feijo scored three times for the Mustangs while Thibeault and Vanderburg each scored twice. Chris Morris and Kyle Young added one each.

Game two saw the Chiefs defeat the Wrecking Crew 8-5.

Individuals 6

Cement Heads 1

Grant Bradshaw and Chris Kelly put the Crew ahead with a goal apiece, but the Chiefs scored five straight and

never looked back.

Jeff Taylor had a hat trick for the Chiefs. Brian Park and Marc Kaufman each tallied twice and Al Macpherson added a single.

Bradshaw and Kelly each had two for the Crew and Kevin Reid scored the other.

The playoffs begin Feb. 8 when the first-place Water Buffaloes take on the last-place Chiefs. The Wrecking Crew, who finished second, will face the fifth-place Cement Heads.

The following day the third-place Individuals challenge the fourth-place Mustangs.

These games are first-round single elimination events — lose one game and you're out. However, the winner of the game between the Water Buffaloes and Chiefs will earn a bye and will meet the victor from a game played between the winners of games two and three.

Newspeak for the politically correct '90s

By Gary Wiebe

I have always known that I am politically incorrect, but I hadn't realized how much so until I obtained a copy of *The Official Politically Correct Dictionary and Handbook*, 1993 edition.

This dictionary, co-authored by Henry Beard and Christopher Cerf, will, if I adhere to the language written within, endear me to all those who bemoan politically incorrect language.

It will also make me unintelligible to everyone I meet.

This book, oops, I mean processed tree carcass, is 152 pages of language salvation collected from a number of sources including the media and various activist groups.

Not surprisingly most of the brave newspeak presented here is advocated by many American university professors.

The dictionary consists of four parts: Part 1: A Dictionary of Politically Correct (PC) Terms and Phrases; Part 2: A Politically Incorrect/Politically Correct Dictionary; Part 3: Other Suspect Words, Concepts, and "Heroes" to be Avoided and/or Discarded; and, Part 4: Know Your Oppressor: A Bilingual Glossary of Bureaucratically Suitable (BS) Language.

Part 1 presents the basics.

For example, a drunk is "chemically inconvenienced or sobriety-deprived;" and a dead person is

Book Review

Title: *The Official Politically Correct Dictionary and Handbook*

Authors: Henry Beard and Christopher Cerf

Rating: ★★★★★
(out of five)

"terminally inconvenienced or nonviable."

Part 2 is a combination thesaurus-bilingual dictionary. With this I am able to see if the words I've been using are offensive and, if so, which substitutes to use.

An airhead, for instance, is a "cerebro-atmospheric individual;" and a riot is a "spontaneous display of community dissatisfaction with prevailing socioeconomic conditions."

Part 3 explores our basic beliefs — beliefs that are responsible for corrupting our culture and, in the process, desensitizing us.

For example, the Book of Genesis is "a patriarchal work . . . fatally flawed. It presents Woman as having been born from Man, (The Myth of Male Motherhood) and,

worse still, it blames Woman for tempting Man into evil."

Part 4 consists of newspeak, a concept pioneered by George Orwell's 1984.

Corporate, political and military leaders are especially adept at using this language.

For example, "atmospheric deposition of anthropogenically derived acidic substances" is really acid rain, or "poorly buffered precipitation."

This handbook, available at Coles in Kitchener's Market Square for \$13 plus tax, is a treasure. It is humorous and ludicrous, sensible and nonsensical and, at times, even gives pause for thought.

However, one disturbing aspect is the overriding theme that the members of the "mutant albino genetic-recessive global minority" — white people — are responsible for all the world's ills through centuries-long language manipulation.

I get the feeling those who contributed what they perceive to be all-inclusive politically correct phraseology really do believe in what they are saying, but Beard and Cerf spoof the seriousness of it all.

By the way, the authors note the term politically correct is itself, politically incorrect. Apparently, "it has been co-opted by the enemies of language reform as a label with which to belittle the multicultural movement."

Time for an updated dictionary.

LOOK WHAT'S HAPPENING!



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Did You Know The Following Programs Are Available To You At The Rec Centre?



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Tae Kwon Do

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power skating

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Tai Chi

Karate Camps

Lacrosse Clinic

Hockey Leagues

P.D. Day Camps

march break camps

...And a Whole Lot More!!

Check us out and sign up for a program today.

Some of the above programs have begun, but many are coming up in February and the following months.

*All programs require pre-registration — so for more information ask at the front desk of the Rec. Centre or call Barb McCauley

Lunch Hour Euchre Tournament

- * Tuesday, Feb. 22
- * 12:30 - 1:30 p.m.
- * Student Lounge

Sign up in partners at the DSA Activities Office or the Student Lounge

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for only \$1.00/package

Available
at the DSA
Activities Office



Wild Rhinos

Rhinos leader Danny Michel adds percussion to the mix during the Kitchener band's two-set show at the Doon main cafeteria on Feb. 1. The group's latest album, *Fishing In The Fountain Of Youth*, has picked up in sales since their video for A Fantastic Place To Be has been aired regularly on Much Music.

(Photo by Omar Welke)

The Piano: music for the eyes

By Colleen Connachan

Winning top honors at the 1993 Cannes Film Festival, *The Piano* is not just another love story, but instead a powerful story of passion between characters from two different worlds. Holly Hunter, starring as Ada, takes on a silent, but powerful role as a mute piano player.

The nature of love and passion that streams from *The Piano* is what creates the mood of a woman's tragic loss of speech and her will for happiness and fulfillment.

Arriving from Scotland, Ada and her daughter land on a breathtaking beach in New Zealand on which she is destined to meet her prearranged husband, Stewart, played by Sam Neils.

Along on Ada's journey is her piano, a belonging that covers her life like a blanket. But unfortunately the love for her piano is not shared by her husband, who orders the island tribesmen to desert the instrument on the beach.

The void Ada feels without her beloved piano needs no words to express as she sternly separates herself from her husband.

Ada can no longer stand to be without her piano. She and her daughter make their way through the rich, moist forest to the cabin of George Baines, played by Harvey Keitel.

From there Baines, an illiterate

forest settler, leads them to the piano abandoned on the beach. As soon as Ada starts playing Baines notices her passion for the piano.

This compels Baines to purchase the piano from Stewart in exchange for land and lessons from Ada.

Baines, develops a longing for Ada's music and company. To fulfill his desire for Ada, he makes an offer to give her a single piano key in exchange for more than her lessons. She agrees to his offer, somewhere knowing she has a desire for Baines.

Stewart finds out about their affair while peaking through Baines cabin door. Filled with rage, he proceeds to board-up all the windows around Ada's room.

The struggle for love, passion and fulfillment never stops throughout this film. Each character is in search of a different happiness.

This film is one of the few enlightening films that is strikingly powerful in character, setting and plot.

Movie Review

Title: *The Piano*
Starring:

Holly Hunter,
Harvey Keitel

Rating: ☆ ☆ ☆ ☆
(out of five)

Carrey's crazy antics save Ace Ventura

by Blair Matthews

If you've seen Fox television's *In Living Color*, and chances are you have, you know Jim Carrey.

You know him as Fire Marshal Bill and bodybuilder Vera de Milo. But soon he will be known internationally as Ace Ventura — Pet Detective.

And what exactly is a pet detective, you might be asking?

Well, it's exactly as the name suggests. It is a man whose sole job is to track and rescue stolen animals and return them to their rightful owners.

Sort of a cross between Robin Hood and Superman. In this case, it's Ace Ventura (Carrey) bucking the system and going where no pet detective has ever dared to trek.

This time around, the Miami Dolphins' mascot Snowflake (a field-goal-kicking dolphin no less) has been kidnapped just days before the Super Bowl and it's up to Ventura to get it back in time for the halftime show.

This inevitably leads to hilarious stunts by Carrey, such as a scene where he tries very successfully to get himself admitted to an insane asylum. A parody of the *Crying Game* somehow works itself in there nicely as well.

A host of supporting actors such as real-life Miami Dolphins' quarterback Dan Marino (making his

film debut), Sean Young and Courtney Cox give this film an extra boost which could make the difference between number 1 and number 2 at the box office.

Though Carrey's role in *Ace Ventura: Pet Detective* marks his first starring credit, he is no stranger to the movie scene. He has held cameo roles in films such as *Finders Keepers*, *Peggy Sue Got Married* and *Earth Girls Are Easy*.

For years, he has used his outrageous facial movements and body language to bring a fresh perspective to stand-up comedy, which as Carrey has proved time and time again, is his forte.

As *Ace Ventura*, Carrey proves his form of comedy has only just begun.

This movie is not beautifully filmed with breathtaking scenery, nor does it contain mechanically brilliant technology.

But one thing this film has that makes it stand out where many others fail, is its incredible sense of comic timing led by Carrey.

Though the plot isn't as strong as it could be, with the antics of Carrey dominating throughout, by the end, you're laughing so hard that it doesn't matter anyway — even with the crude hemorrhoid joke in the final few minutes of the film. Regardless of whether you're a Carrey fan or not, you'll like *Ace Ventura: Pet Detective*.

Movie Review

Title: *Ace Ventura: Pet Detective*

Starring: Jim Carrey, Courtney Cox

Rating: ☆ ☆ ☆ (out of five)

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